



# WRITING AS HEALING

**CREATIVE WRITING, MINDFULNESS AND WELLBEING**

**A Workshop ✦ Saturday 23rd July 2022**

A certain kind of guided, emotionally detailed writing can help us process our difficult or traumatic experiences and help us to envision a way forward. This kind of mindful writing can lower our blood pressure, strengthen our immune system and increase our overall wellbeing. Expressive writing can result in a reduction in stress and anxiety, and help us deal with grief and loss. It can also improve our sleep, release our creativity, make us more productive and give us greater focus and clarity. These effects of creative writing as a tool for emotional recovery and healing are well documented. Beginning in the 1980s more than 200 research studies have reported that expressive or emotional writing can improve our physical health and emotional wellbeing. In this workshop Pema Düddul will outline the principles of mindful writing and guide participants through a number of activities that will lay the foundation for engaging with writing as a lifelong practice of healing and recovery.

Pema Düddul has decades of experience as a Buddhist practitioner and has taught mindfulness and meditation in Buddhist, educational and other settings since 2007. Pema is also a certified practitioner of Thought Field Therapy (TFT) and the Emotional Freedom Technique (EFT or tapping) as well as a Transpersonal Counsellor. Pema also has a doctorate (PhD) in creative writing and is an Associate Professor of writing, editing and publishing at an Australian university.



**Online  
Workshop**

**Live on Zoom**

**3:00pm – 4:30pm**

**23 JULY 2022**

**\$40.00 AUD**

**Bookings Essential**

**JALÜ  
BUDDHIST  
MEDITATION CENTRE**

Register to receive  
the Zoom link

**TO REGISTER:**

<https://jalumeditation.org/workshops-and-courses.php>

**For more info:**

**Ph: 0431 185 312**